



Savor
389496 - Cut Okra

Savor's cut okra is quick frozen and ready to be added to your favorite soups or stews. Ready-to-cook, cut okra. It is a good source of minerals, vitamins, antioxidants, and fiber.[]



* Benefits

Ready-to-cook, cut okra.Savor's cut okra is quick frozen and ready to be added to your favorite soups or stews. It is a good source of minerals, vitamins, antioxidants, and fiber.[2] The geographical origin of okra is disputed, with supporters of West African, Ethiopian, and South Asian origins. Traditionally, Okra is a southern U.S plant that thrives in relatively warmer temperatures.[3] It is also easy to grow. As a result, the plant is cultivated in tropical, subtropical and warm temperate regions around the world.[4]

Ingredients

okra

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 16
Serving size 85.0g (85g)

Amount per serving
Calories 25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep Frozen

Serving Suggestions

Heat and Serve - Best used from frozen. May that sealed packages in refrigerator at 40 F. Cook product thoroughly to 165 F before using.

Prep & Cooking Suggestions

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✍ Product Specifications

Brand			Manufacturer			
Savor			Dot Foods			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	389496	389496	10684476010670		12/3 LB	
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
37lb		36lb	El Salvador	No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.01in	10.87in	14.1in	1.51ft3	9x5	438days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	25	Total Fat	0g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	6g	Saturated Fat	0g	Iron	0mg
Sugars	3g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

